

Green Smoothie

Gregory Davis and Gregg Noll
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From the moment I wake up in the morning, I am already thinking about all the good things I am going to throw into my blender to make that healthy concoction that "helps me hang on" (eat your heart out Jimmy Buffet!)

A few fresh red seedless grapes, some sweet juicy red strawberries, a few pieces of a nice ripe pineapple, half a seedless orange and half a juicy red apple, peeled. Oh yeah, and half a frozen banana (for weight) and maybe, just maybe if I feel a little decadent—a nice juicy peach, the kind that when you eat it the juices just run down your chin and into your shirt. That's what I'm talkin' about!

And if you're into nuts (the eating kind) you can toss in about a dozen or so of raw cashews, raw almonds, a teaspoon of walnut pieces, one Brazilian but...and a tablespoon of raw sunflower

seeds. Throw in a couple of slices of fresh ginger, for a little "bite". Top it off with a half dozen baby carrots.

Then add a little water (just for fun) and I turn on the blender (high) just enough to mix it all into a nice bright juice. Perhaps pink or red. We're half-way done.

Now it gets really exciting! I go to my fridge (you go to yours) and grab anything green. A little kale, some broccoli, a little baby spinach, oh, and how about some fresh Italian parsley (good for the breath and digestion). Yum. Now we're almost there, I can almost taste all the delicious flavors running down the back of my throat—rushing all that good nutrition to all parts of my hungry body.

All that's left is to take a handful of these good greens wash them in cold water and toss em in. Add a few ice cubes to make a little music and then give 'er a spin (the blender that is).

Watch the magic happen! The potion starts to turn from a reddish pink to a lime color and then, and THEN a deep dark smoky green that tells you, you've got the good stuff!

And if all that isn't enough, you get to drink it! All those nutrients, vitamins, antioxidants, minerals and nature's best are in there.

When you pour it slowly down your throat and savor it like the fine drink that it is, you feel a high that is taking you to the next level. And as you slowly drink in all it's great green goodness you can taste all the luscious flavors one by one and it's good! REALLY good!

I love my green smoothies!

Greg Davis says "I owe my love of green smoothies to a Gregg Noll seminar that I attended at a UTS reunion"